

Issue 3

October 2013

Healthy Streets



Welcome to the Healthy Streets October Update!

What's new?

With the great weather we had throughout summer came a great opportunity for the Healthy Streets groups to engage with communities and hold lots of Healthy Streets events. Bike maintenance has continued to be very popular but more bike rides have taken place in the good weather as well as other events.

All areas have now reviewed their action plans to see if there are any more actions they'd like to take forward over the next year. So new actions and events could be coming to your area soon!

Good News Stories...

Great Harwood's summer bike maintenance event was a huge success. Everyone who turned up was offered a basic bike health check including ensuring saddles were fitting correctly, tyres being checked and inflated, axle nuts & quick release tightened and pedals fitted correctly and tight. Damian also helped some youngsters to adjust their helmets so that they fitted correctly.

63 bikes were security marked by the Neighbourhood Police Team who also handed out information leaflets and promotional items on the day. They also found time to have their own bikes checked at the event!



Fleetwood Tram Sunday has for many years been a popular event with all ages from the area, first taking place in 1985. With this in mind Michelle Holroyd (Fleetwood locality coordinator) utilised this event as a way of reaching out to the community, getting their ideas and opinions and getting people involved. The event was a great success, with many people stopping by the Healthy Streets stand to have a chat and take part in some of the activities on offer throughout the day. Everyone who filled in a comments form or took part in an activity got a free bottle of water or a sweet!



Being a Locality Coordinator... Barbara Sharples, Great Harwood

"When I took over as the locality coordinator for Healthy Streets in Great Harwood I had a big advantage. I have been involved in my local community as a volunteer on environmental and other projects since 1997. I had also worked across Hyndburn in community empowerment and engagement for seven years. This meant that I already had an established list of



potential partners and a network of public, voluntary, community and faith contacts.

It was very important, as a new coordinator, to do a scoping exercise and find out through the website what was happening in Sustainable Transport, Healthy Streets and 20's plenty etc., what is already being delivered that you can link in to and to talk to the Healthy Streets staff who are very helpful. Finding out what has been successful in other areas and how they did things was invaluable through county-wide meetings.

Finding out what the community wants is key so I developed survey sheets with a space for ideas on it and many ideas have come from this. Having lots of publicity and telling people what is happening has been really important in the success of our events. We had round 70 bikes checked at a bike maintenance event held in the summer as a result of heavy advertising throughout the area. I even had a cycle lesson with a photo call to let people know we were considering a cycling project for the town. I copy our county councillor, local authority councillors and appropriate staff into all press releases. You never know who will contact you and where new partners or joint projects will come from! I couldn't do it without having good partners such as Hyndburn Ramblers for walking, lots of support and a team of 'knowledgeable' people I can contact.

In the end it comes down to team work, realistic timescales and lots of attention to detail."



CTC Update- Damian Bonsall



"Over the summer months our emphasis changed from maintenance training to leadership training. We ran trail leader courses in Bacup at Lee Quarry and Gisburn Forest and Ride manager courses in Burnley and Preston, where we were able to use the excellent Guild Wheel for our training. We also offered a Go MTB course tagged on to the Trail Leader course in Bacup. This taught delegates how to pass on the skills to young people through techniques associated with mountain biking following a structured course developed by CTC. We also ran an Inclusive Cycling course in conjunction with our partner organisation, Cycling Projects. This was to teach the techniques associated with using adapted cycles for clients with a disability. Delegates came from all over the County to attend this course in Preston meaning that we were able to build the capacity of Wheels for All centres in Lancashire.

The most exciting project we were involved with this summer was a ride from Lancaster to Edinburgh with ten young people from deprived wards across Lancaster. The ride itself was the culmination of a nine month project which included training sessions in the YMCA gym and rides around the Forest of Bowland. The ride raised over £1000 for the Unique Kidz Charity. It turned out to be a life changing experience for the young people who are ready to do it all again next year by riding from Blackpool Tower to The Eiffel Tower."



Safer Schools Moodle

Safer Schools Moodle

The 'Safer Schools Moodle' is a Sustainable and Safer Travel Moodle site that houses lesson plans, resources, animations and media (just to name a few). The Moodle is aimed at Education Establishments within Lancashire to assist in educating young people about road safety in an attempt to assist in lowering the number of those that are killed and seriously injured on the roads throughout Lancashire.

If you are interested in accessing this resource and promoting it at the schools in your area please contact Rebecca Blyth at Rebecca.blyth@lancashire.gov.uk for more information.

Road Safety Week

18th - 24th November



Why not arrange some road safety activities or events to coincide with Brake's Road Safety Week this November?

The theme this year is '**Tune in to road safety**' encouraging people to give their full attention when using roads and avoid distractions. The campaign is particularly appealing to drivers to turn off their phone and never attempt to multitask at the wheel. As well as those walking or cycling to stay focused on what's around at all times.

[Click here](#) to register online and get your FREE action pack full of resources and advice to help you take part in Road Safety Week this November. It includes downloadable posters, web banners and other tools to help you raise awareness, plus ideas of activities you can run that week.

Want to find out about your local bus & train times?

Plan your journey quickly & easily by visiting:

www.lancashire.gov.uk/buses.

Here you can; Use the Journey Planner to plan a door to door journey throughout the NW area and download bus timetables for your local services.

Alternatively if you have a smart phone, view the next bus times for your local stops by [clicking here](#). There are also a number of 'buses' apps available to download by visiting your service provider's app store. bustxt provides the next bus times from any stop in Lancashire direct to your phone by text. Simply text the bus stop code you want to leave from to 84268 (charges apply).

Telephone Traveline: 0871 200 22 33, open 7 days a week from 8am to 8pm to speak to a travel advisor.

Call into your local Information Centre/Interchange Office or library to pick up a copy of a local bus timetable.

For journeys throughout the UK, up to date rail timetable information and to buy train tickets visit [National Rail](#).

For supplies of timetable leaflets for displaying in your local area, click to email [Timetable Orders](#).

Bus & rail timetable leaflets

Do you have venues in your area that would be able to display local bus & rail timetables? If so, click to email [Timetable Orders](#)



Events...

October, International Walk to School Month 2013 www.iwalktoschool.org

7th – 11th October, National Lift Share Week

8th - 29th October (Every Tuesday), Bike Maintenance Lessons, Leyland Civic Hall *

28th October, Doctor Bike Session in Ribbleton *

29th October, Blackpool Lights Ride *

1st November, Lancashire Arts Exchange 2013: 2.30pm- 5.30pm at The Dukes, Lancaster. Email hello@artslancashire.org to book a place by 11th October.

3rd November, Guild Wheel Ride *

* Email damian.bonsall@ctc.org.uk for more information.

Do you have a good news story in your area?

Get in touch and it could be included in the next Healthy Streets newsletter!

Useful Links

Healthy Streets Webpage: [Click Here](#)

20mph Webpage: [Click Here](#)

Lancaster Healthy Streets: [Friends of Ryelands Park Facebook Page](#)

Contact Us

Anyone can get involved! Have you any actions you would like to achieve in your community? We would like to see if we can help.

Contact the Healthy Streets Team on:

Phone: 01772 530201

Email: sustainabletravel@lancashire.gov.uk